

Supported Education Programs

JCCC is proud of its commitment to serving all citizens of Johnson County with a desire for educational improvement. The Supported Education Programs carry out this commitment by providing continuing education classes in multiple avenues for adults with intellectual and developmental disabilities.

Life Lab is a summer mini session of the CLEAR Expansion Program. The CLEAR (College Learning Experiences, Activities and Resources) Expansion Program is a life skills-focused transition program that aims to develop skills in four tracks: employment skills, general studies, art and independent living.

For more information regarding CLEAR at JCCC, email the CLEAR Coordinator, Catie Marx at cmarx@jccc.edu or visit jccc.edu/SEP

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CLEAR
JOHNSON COUNTY COMMUNITY COLLEGE
12345 COLLEGE BLVD., BOX 82
OVERLAND PARK, KS 66210-1299
ADDRESS SERVICE REQUESTED



Summer

Life Lab

2024

June 4, 6, 11, 13, 18 and 20

Tuesday and Thursday Mornings

SUMMER LIFE LAB

Tuesday and Thursday, 9-11:30 a.m.
June 4, 6, 11, 13, 18 and 20

Life Lab is an independent living skills based summer mini session of the CLEAR Expansion program. Students participating in Life Lab will receive instruction on six topics, seen below. Each day, a new topic will be presented.

Topic Descriptions:

- **Meal Planning & Grocery Shopping:** Learn how to search various sources for recipes and how to create a weekly menu plan and shopping list. Shop the sale ads and save! Learn tips and tricks for navigating the grocery store while sticking to your list and budget.
- **Kitchen Safety:** When working or preparing food in the kitchen, you must be aware of possible safety hazards. Learn how to identify common hazards and how to prevent accidents or injuries from taking place.
- **Money Management:** What is a budget and how do you create one? What is the difference between a debit and credit card? Let's learn how to spend and save your hard-earned money.
- **Apartment Living:** Where and who should you live with? How do you pay for an apartment? What do you need to furnish your apartment? We will explore these questions and more about living on your own.
- **Emotions & Mindfulness:** Sometimes we feel happy or full of joy, but sometimes we feel sad or angry. Learn how to navigate various emotions with tools such as breathing exercises or imagery that can be used whenever and wherever.
- **Get Moving!:** Exercise is one of the most important pieces to maintaining a healthy lifestyle. From yoga and stretching to cardio, learn simple exercises you can incorporate into your daily routine to get your body moving.

To Register for Life Lab

Complete the attached registration form.

Registration forms can be mailed or brought to the Supported Education office (COM 312.)

The fee is \$20 and can be paid in cash, check (made payable to JCCC) or money order.

Please include your form of payment with your registration form.

Life Lab will be held in the Regnier Center

Please plan for drop off and pick up near this building. Staff will be available beginning at 8:45 a.m. to assist students.

Plan for prompt drop off and pick up.

Please Register Early

Registration fee is \$20.

Registration must be received by **May 24, 2024.**

Enrollment is limited to the first 60 registrants, processed in the order received.

Enrollments received without payment will not be processed.

Registration Form

Mail to: CLEAR
Box 82
Johnson County Community College
12345 College Blvd.
Overland Park, KS 66210-1299

Official Use Only:

_____ 90117
_____ 90118
_____ 90119

Rec'd _____
CK _____
Amt _____
CE _____

Name _____

Address _____

City _____ State _____ ZIP _____

Phone _____

Birth date _____

Emergency phone _____

Contact person _____

JCCC ID # _____

Please note any special accommodations:

- Interpreter
- Mobility assistance
- Other _____

Registration is limited to existing CLEAR Expansion participants. Students must be between the ages of 18 and 26, have participated in CLEAR Expansion classes and continue to meet the attendance criteria, found on the CLEAR webpage: jccc.edu/clear to attend Life Lab.

By checking this box, I certify that I meet the above stated criteria.